**Mental Health Flashcards !!!!**

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| **Mental health** | A problem that causes emotional, cognitive and behavioural difficulties which affect relationships and functioning in everyday life. |
| **Mental illness** | The second stage of the transtheoretical model in which an individual is aware that a problem exists and intends to take action in the next six months but has not yet made a commitment to take action. |
| **Mental disorder** | An individual’s ability to adapt to stress and adversity. |
| **Mental health problem** | A situation in which an individual has acquired a phobia though negative reinforcement, which causes them to avoid the phobic stimulus to reduce unpleasant feelings of fear and anxiety. |
| **resilience** | A state of psychological or physiological tension that occurs when a person’s ability to cope is strained or exceeded. |
| **Social wellbeing** | A social risk factor in which a child’s attachment figure is threatening, abusive or absent, which can lead to an avoidant personality |
| **Emotional wellbeing** | The first stage of the transtheoretical model in which an individual has the intention to take action within the next six months and is generally aware or under-aware of the problem. |
| **high level of functionality** | A process in which repeated stimulation of a synaptic connection results in the long-lasting strengthening of that synapse. |
| **Informed consent** | A risk factor that triggers the onset or exacerbation of mental health problems in an individual. |
| **placebo** | A factor thats prevent occurrence or re-occurrence of mental health problems. |
| **Placebo effect** | A risk factor that inhibits recovery from mental health problems. |
| **risk factor** | A problem that causes emotional, cognitive and behavioural difficulties which affect relationships and functioning in everyday life. |
| **Predisposing risk factor** | A persistent, irrational and intense fear of a particular object or event. |
| **Perpetuating risk factor** | A state of emotional and social wellbeing in which individuals can realise their own abilities, cope with the normal stresses of life, work productively, and contribute to their community. |
| **Precipitating risk factor** | The network of family, friends, neighbours and community members that are available during difficult times to provide emotional, physical and financial assistance. |
| **Protective factor** | A systematic tendency for an individual to judge events in a way that deviates from reality. |
| **Biological risk factor** | A typical characteristic of mental health in which an individual is able to cope with living independently in society whilst developing as a person. |
| **Psychological risk factor** | A process through which phobias can be aquired through classical conditioning where a previously neutral stimulus is associated with an unpleasant experience, resulting in a conditioned fear of the phobic stimulus. |
| **pharmacogenetics** | A social or cultural influence that can decrease an individual’s mental health. |
| **rumination** | A state of physiological arousal associated with feelings of apprehension, worry or uneasiness that something is wrong or that something unpleasant is about to happen. |
| **sleep** | The fourth stage of the transtheoretical model in which an individual changes their overt behaviour for less than six months. |
| **stress** | A negative label associated with social disapproval or rejection by others who are not labelled in that way. A stigma that mental disorders are abnormal or dangerous may be a social risk factor as it can act as a barrier to individuals seeking and/or accessing treatment. |
| **self-efficacy** | Drugs that mimic the inhibitory effects of GABA such as benzodiazepines. |
| **Genetic vulnerability** | A cognitive bias in which a memory is encoded inaccurately and is influenced by distorted thinking. |
| **Cumulative risk** | The study of genetic differences between individuals in drug metabolic pathways. Poor response to medication can be a biological risk factor in treating certain disorders or diseases |
| **Significant relationship** | A process in which an individual obsessively thinks about a perceived threat, overestimating the threat in a way that is irrational bringing about thoughts of the worst case scenario leading to an increased state of anxiety. |
| **stigma** | A type of therapy that aims to alter thoughts and behaviours associated with certain practices such as insomnia or phobias and teach strategies for coping with the urges to practise maladaptive behaviours. |
| **Disorganized attachment** | The third stage of the transtheoretical model in which an individual intends to take action within the next 30 days and has taken some behavioural steps in this direction. |
| **social risk factor** | A close social connection an individual has with a family member, friend or other impotant individual. |
| **anxiety** | A relaxation technique in which individuals with phobias use slow breathing to manage the effect of hyperventilation. |
| **Substance abuse** | The use of drugs. This can be a biological risk factor to certain disorders or diseases. |
| **phobia** | Direct events that can lead to the development of a phobia. |
| **Catastrophic thinking** | A psychological risk factor involving obsessive thinking and worrying about the negative aspects of past, present or future situations. |
| **Gamma amino butyric acid (GABA)**  **dysfunction** | A social factor treatment for phobias in which the family and supporters of an individual with a phobia is educated to better understand the condition. |
| **memory bias** | A model of behaviour change that assesses an individual’s readiness to change by looking at the different stages an individual may go through as they move towards healthier behaviour. |
| **Precipitation by classical conditioning** | An ethical principle stating that a researcher must provide participants with an overview of the nature and risks of being involved in a research study. For participation to occur, a researcher must obtain signed permission from any participants indicating willingness to participate. |
| **Specific environmental triggers** | A strategy for treating phobias in which a sufferer is gradually exposed to a phobic stimulus while using relaxation techniques. Also known as graduated exposure therapy. |
| **Perpetuation by operant conditioning** | An extraneous variable in which participant responses vary due to participant expectations regarding the effectiveness of a treatment. |
| **long-term potentiation** | A condition in which an individual has low levels of GABA in their bloodstream, causing an increase in the presence of glutamate which increases anxiety. This can contribute to the development of a phobia. |
| **Cognitive bias** | The risk of a mental health disorder that arises the combination of multiple risks factors, making the occurence of mental illness more likely |
| **Breathing retraining** | A risk factor in which an individual has a biological predisposition to develop a certain disorder or disease. |
| **Gamma amino butyric acid (GABA)**  **antagonists** | The fifth stage of the transtheoretical model in which an individual changes their overt behaviour for more than six months and works to prevent relapse and consolidate the gains attained. |
| **Systematic desensitisation** | A typical characteristic of mental health in which an individual has the ability to manage their emotions.  . |
| **Cognitive behavioural therapy**  **(CBT)** | A risk factor that involves an influence associated with mental processes such a subjective perceptions, personality predisposition, motivations, attention and motivation. |
| **psychoeducation** | A factor that may contribute to the likelihood of an individual experiening a mental health problem. |
| **action** | A typical characteristic of mental health in which an individual has positive social relationships indicated by reciprocated connections and feelings of being valued and desired by others. |
| **contemplation** | A fake or false treatment that has no effective component. |
| **Pre - contemplation** | An altered state of consciousness that is a naturally occurring bodily rhythm accompanied by a number of physiological effects. |
| **Social support** | A mental disorder that affects one or more functions of the mind. |
| **preparation** | A risk factor that increases an individual’s vulnerability to developing mental health problems. |
| **maintenance** | An individual’s confidence in their ability to control events that occur in their lives. |
| **Transtheoretical model** | A biological risk factor in which an individual has an inherited predisposition to develop a certain disorder or disease. |